

From the Philippines to a Bigger Horizon



Flow Forward



Accept · Adapt · Take the Next Step · Keep Moving

Different Paths. Same Direction. A Meaningful Life.



Core Belief

"I cannot control everything that happens, but I can refuse to stop participating in life."

Early Years

Teens – Early 20's
Practiced Aikido
Learned principles of non-resistance

"Blend, don't collide.
Stay centered."

1992 Immigrant in New York

- Fresh Filipino-US immigrant
- Could not find a job
- Kept searching
- Discovered green card eligibility for U.S. Army
- Did not hesitate

"When a door closes,
find the next door."

U.S. Army

- Joined the Army
- Boot camp (mentally tough and a bit unstable)
- First child known on the eve of my flight
- A difficult but defining chapter

"Discomfort today,
opportunities tomorrow."

New Paths Open

- Fort Hood
- Round Rock, Texas
- AMD employment
- Samsung employment
- Career growth
- Family life

"One decision can
create a future you
cannot yet see."

2008 My Heart Attack (MI)

- At age 42
- A potential death sentence
- Did not resist the diagnosis
- Received it well
- Told myself: MI or not, I will continue cycling and swimming

"Accept the reality,
Keep living."

Recovery & Continued Motion

- Cycling and swimming
- Stayed active
- Did not let the diagnosis define me
- Welcomed the challenge
- Aware of risks (stent #2 or #3)

"Still a cyclist.
Still moving forward."

Today Age 60

- Still biking >50 miles
- Even at 95°F Texas heat
- Active, fulfilled, grateful
- Family, career, retirement
- A life shaped by non-resistance, adaptation, and action

"Different chapter,
same direction."



The Aikido Influence

Principles that Shaped My Mindset



"Aikido taught me to use life's forces, not fight them."



My Non-Resistance Mindset

A Practical Way of Living



Not Non-Resistance

- Denial – "This cannot be happening."
- Passive resignation – "There is nothing I can do."
- Submission – "I will just go along with anything."
- Ignoring risks – "Courage means no limits."



What My Non-Resistance Is

- Acceptance – "This is reality."
- Agency – "I can still choose my response."
- Adaptation – "I will find a new route."
- Resilience – "I will continue participating in life."
- Intelligence – "I recognize limits and manage risks."



Key Lessons from My Journey

- Uncertainty is part of the path.
- Opportunities can come from unexpected places.
- You don't need to see the entire future to take the next step.
- Accepting reality saves energy for what matters.
- A diagnosis is a new reality, not the end of your identity.
- Physical activity can be a source of healing and meaning.
- Persistence opens doors.
- Your mindset can turn challenges into growth.



Learning from Horney's Chapter

- Resistance often protects a self-image, an illusion, or a defensive structure.
- My examples show low resistance to external reality and change.
- I adapt routes without feeling a collapse of self.
- True non-resistance allows flexibility, not passivity.
- It is important to examine hidden resistance (emotions, relationships, vulnerability).
- Acceptance of reality and preservation of agency can reduce defensive patterns.
- Life events can be integrated without losing a stable core identity.



The Pillars

- Acceptance**
Embrace reality as it is.
- Adaptation**
Adjust and find new routes.
- Resilience**
Keep going through challenges.
- Action**
Take the next step.
- Growth**
Turn experience into wisdom.
- Family**
A source of strength and purpose.
- Purpose**
Maintain direction in life.
- Balance**
Live fully while respecting limits.



22 Living Guidelines

- Accept reality quickly.
- Don't deny the facts.
- Preserve your direction.
- Find the next actionable step.
- Move before the full future is visible.
- Stay centered under pressure.
- Adapt instead of resist.
- Use challenges as opportunities.
- Maintain physical activity.
- Respect your body and its limits.
- Follow medical guidance.
- Manage risks intelligently.
- Keep learning and stay curious.
- Be persistent.
- Don't let a diagnosis define you.
- Maintain a positive identity.
- Stay connected to family.
- Be grateful.
- Set boundaries when needed.
- Different routes can lead to a meaningful life.
- Continue participating in life.
- Leave a legacy of resilience and purpose.



My Philosophy in Action



Final Thoughts

"Life will always bring unexpected turns.
I choose to meet them with acceptance, adapt with intention,
and keep moving forward."

— Rigel G Arcayan



Legacy

"Not the absence of resistance,
but the courage to accept, adapt, and continue."

[hub.gravelcloud.com] Rigel G Arcayan, 2026.

SAME PERSON. DIFFERENT ROUTES. A FULLER LIFE.

The journey continues...